

# **A Practical Application Guide to Intermittent Fasting**

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# What is Fasting?

**Fasting** is the willing, **abstinence** or reduction from some or all **food**, **drink**, or both, for a period of time.

***My personal definition:*** *Not* consuming calories for a period of time.

# Why would someone choose to fast?

- Improved diet adherence
- Improved longevity
- *May* reduce disease risks
- *May* improve autophagy

# The “How” of Intermittent Fasting

- The daily fast
- The 20 hour fast
- The 24 hour fast
- The 36 hour + fast

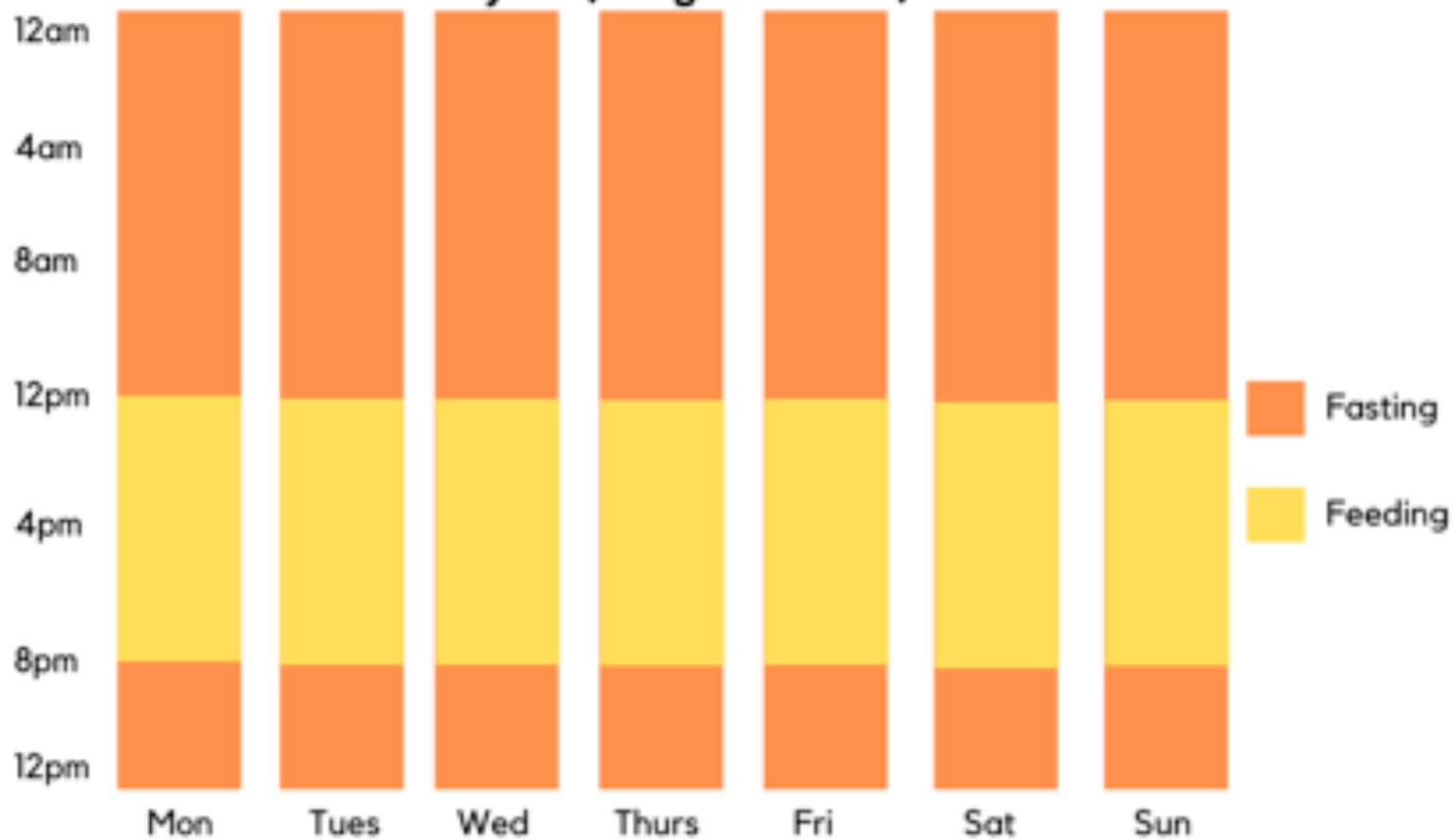


# The “How” of Intermittent Fasting

- **The Daily Fast or “Leangains” Method**
  - 16:8 fasting:feast window popularized by Swedish bodybuilder Martin Berkhan.
  - Women should start with a 14:10 fast:feast schedule for hormone reasons.



### Daily fast(Leangains Method)



## The Daily Fast: Full Day of Eating

Breakfast



Lunch



Dinner



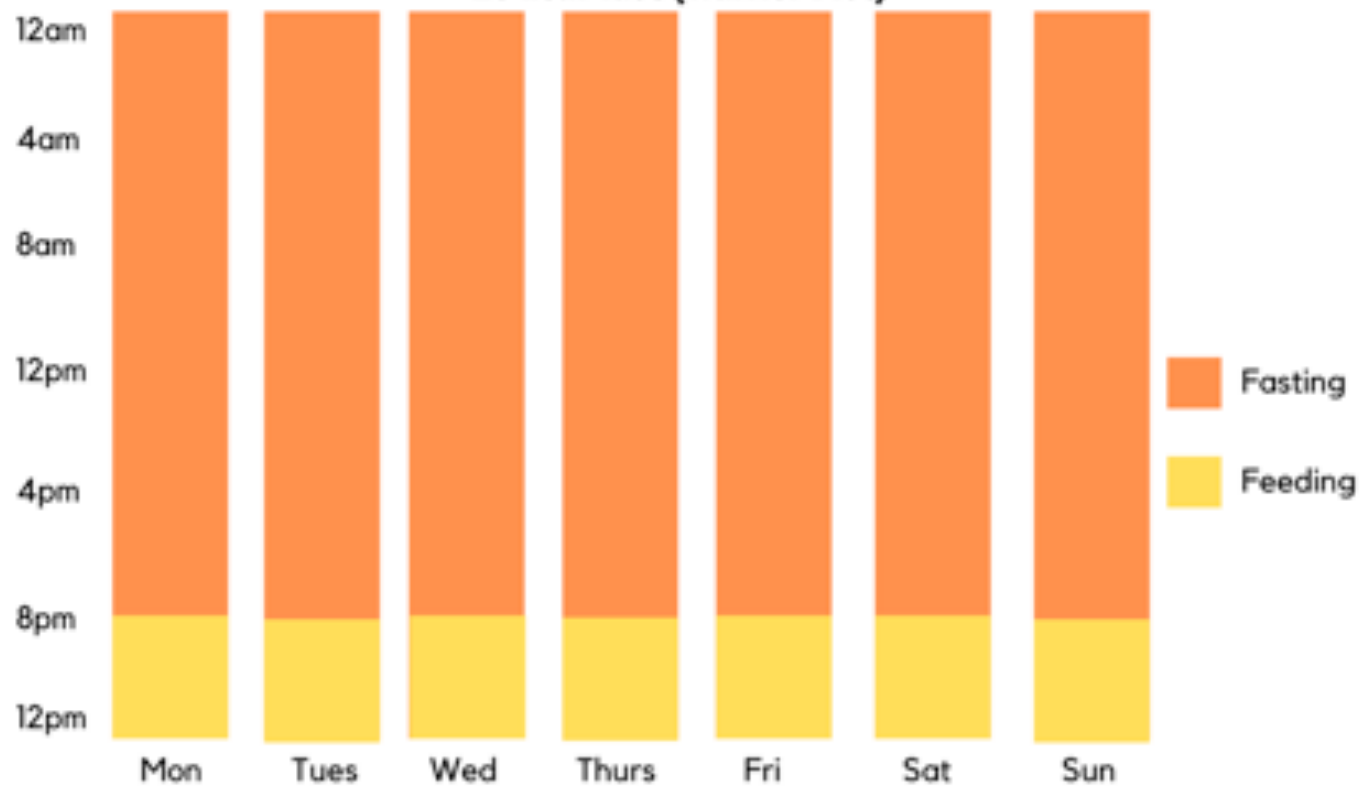
# The “How” of Intermittent Fasting

- **The 20 hour fast**
  - Popularized by Ori Hofmekler, with his book the “The Warrior Diet”





## 20 hour fast (Warrior Diet)



## The 20 Hour Fast: Full Day of Eating

Breakfast



Lunch



Dinner

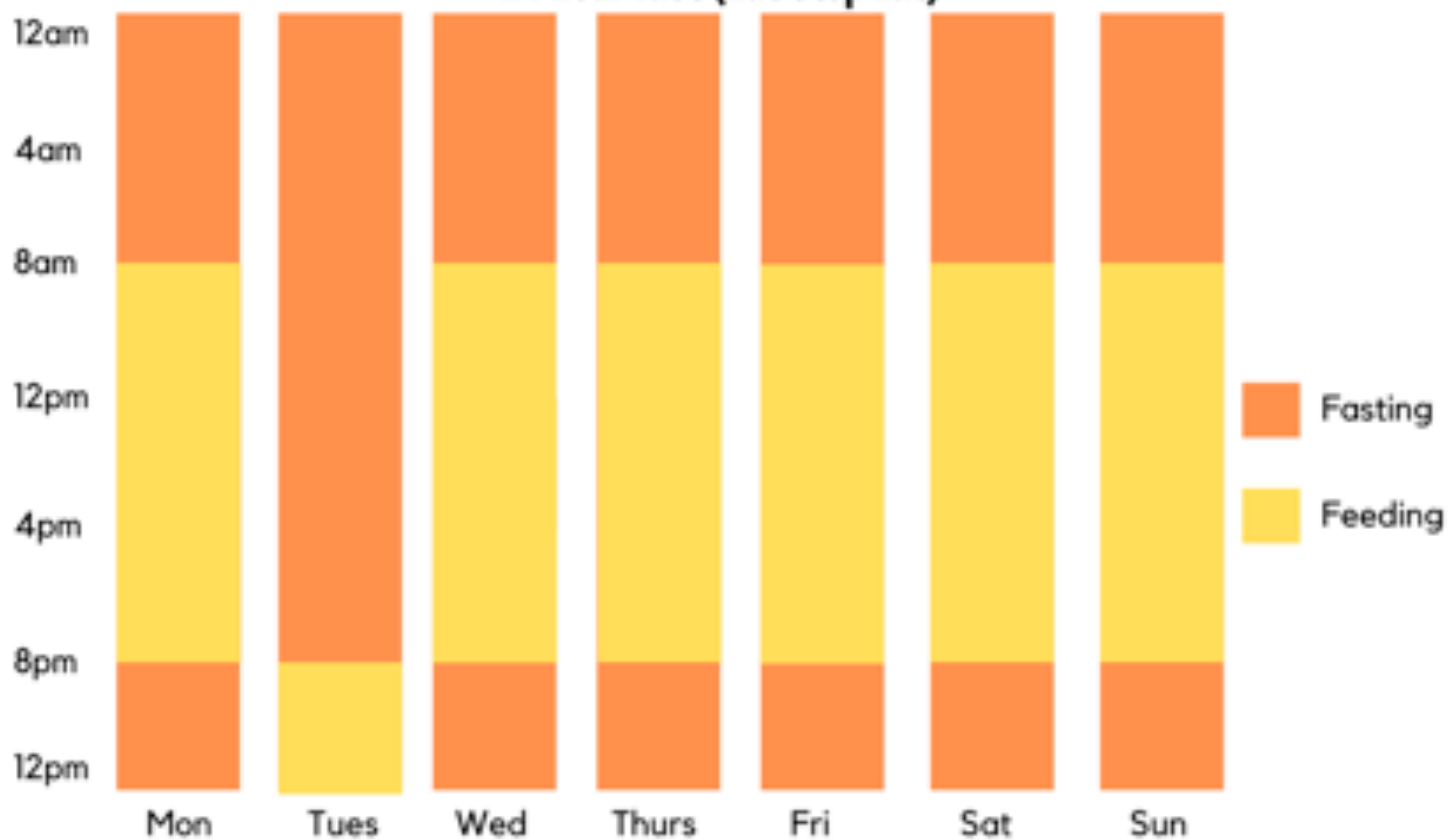


# The “How” of Intermittent Fasting

- **The 24 hour fast**
  - Popularized by Canadian researcher Brad Pilon with his book “Eat Stop Eat”.



## 24 hour fast (Eat Stop Eat)



## The 24 Hour Fast: Full Day of Eating

Dinner



Breakfast



Lunch

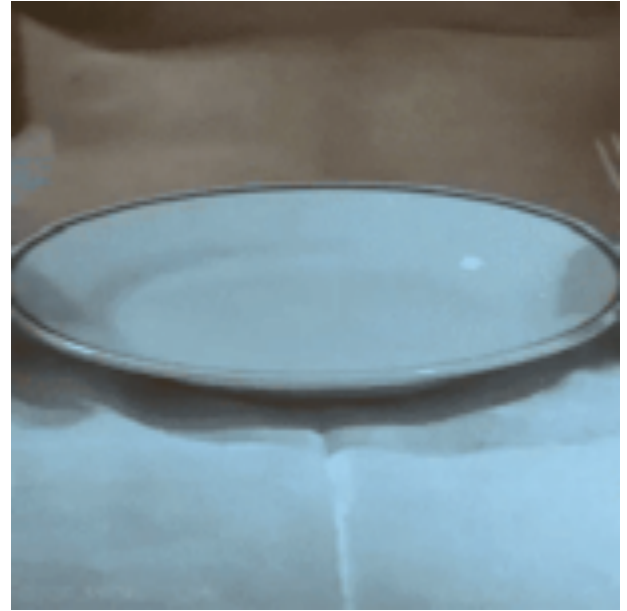


Dinner

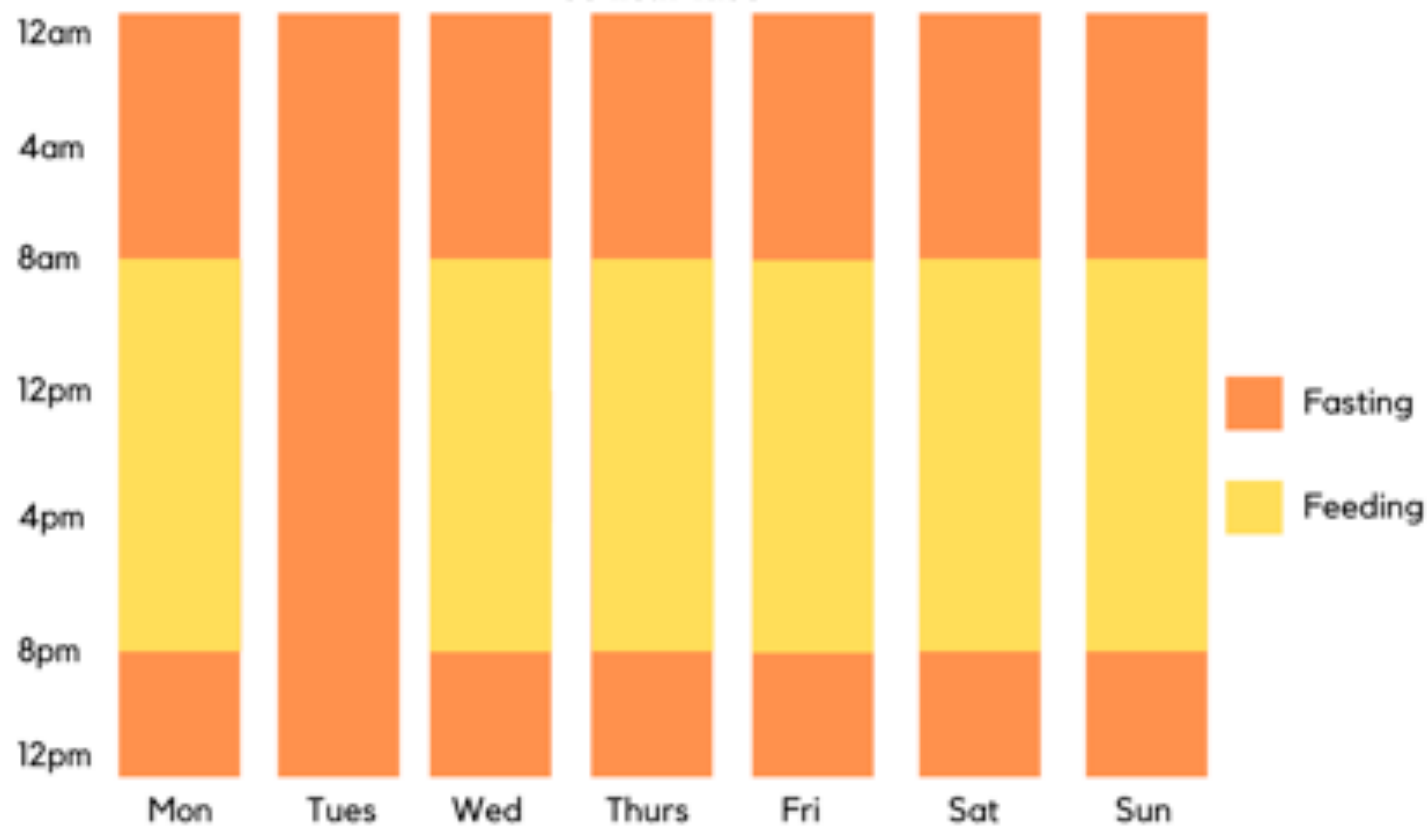


# The “How” of Intermittent Fasting

- The 36 hour(or more) fast



### 36 hour fast



## The 36 Hour Fast: Full Day of Eating

Dinner



Breakfast



Lunch



Dinner



Breakfast





# Context Dictates Approach

What are *your* goals?

What are *you* trying to accomplish?

How are *you* wanting to benefit from Intermittent Fasting?

Would IF even support *your* current goals?

# Check Yourself, Before You Wreck Yourself

What's your daily life look like?

How's your stress?

What are your current dietary habits?

Do you have experience with fasting?



# The Weight of Each Fast

## The Daily Fast

### Pros

- Most lifestyle friendly.
- Most suitable for athletics.
- Improved diet adherence.
- Easiest to follow.
- Calorie control.

### Cons

- Skipping meals.
- Food focus.
- Can feel strict.
- May promote disordered eating.

### Criteria:

- Medium to low stress lifestyle.
- No experience required.
- Start slow.

# The Weight of Each Fast

## The 20 Hour Fast

### Pros

- Can improve adherence.
- Calorie control.

### Cons

- Not suited for busy professionals.
- Not suited for athletics.
- Food focus.
- May promote disordered eating.

### Criteria:

- Medium to low stress lifestyle.
- Some experience required.
- Try 16:8 first.
- No history of disordered eating.

# The Weight of Each Fast

## The 24 Hour Fast

### Pros

- Can improve adherence.
- Only once or twice per week.
- Calorie control.
- Less cons due to small time commitment.

### Cons

- May promote disordered eating.

### Criteria:

- Medium to low stress lifestyle.
- Some experience required.
- Try 12-16 hour fast , first.

# The Weight of Each Fast

## The 36 Hour Fast

### Pros

- Improvements in longevity.
- Calorie control.
- May improve mental toughness.

### Cons

- Highest probability of promoting disordered eating.
- Food focus.
- Not lifestyle friendly

### Criteria:

- Only during planned periods of low stress.
- Try 12-24 hour fast , first.
- No history of disordered eating.

# The “Cons” of Intermittent Fasting

- Fasting is a stress in that of itself.
- Fasting can encourage disordered eating, such as binge eating disorder.
- Fasting can increase food focus or food anxiety.
- Charlatans promote fasting as some sort of magic, **it's not.**

# The “Pros” of Intermittent Fasting

- Fasting encourages flexibility with your diet.
- Fasting can be easy to follow(skip breakfast).
- Fasting can help with body recomposition.
- Fasting can encourage longevity.
- Fasting can help with digestion.



# In Few Words

Fasting is **one** of *many* great tools to have in your Super Longevity toolbox.



# To Super Longevity.

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